

"An all-too-relevant and eminently practical book that offers health strategies in a gadget-packed world." — *Kirkus Reviews*

# HOW TO BE A DURABLE HUMAN

REVIVE AND THRIVE IN THE DIGITAL AGE  
*Through the Power of Self-Design*



JENIFER JOY **MADDEN**

Jenifer Joy Madden

# How To Be a Durable Human: Revive and Thrive in the Digital Age Through the Power of Self-Design



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Motivating and Inspiring Embracing and celebrating why is us human is at the core of this book. We all need the reminder that the individual mind, body, and soul are in fact an extraordinary creation in a tech-drenched world! More critics of runaway, 24/7 technology addiction are surfacing right now - from educators to techno followers themselves - but Jenifer Pleasure Madden manages to provide this message in prose that's engaging and motivating - never scolding. Her research is normally impeccable, and she is a generous writer who credits and expands on what the experts say. Great Resource Book This book includes a lot of really relevant information and I can tell that a lot of research went into writing it. The Durable Human Manifesto and How exactly to Be a Durable Human both by Jenifer Pleasure Madden remind us to remember to breathe, go for a walk, be in nature, talk to the people we love, and interact with the world in a manner that will make our times and lives seem much longer. What I eliminate from this book longer after I've read the last web page is to maintain tech as an instrument, make intentional choices ("style your life") to end up being with people and character, and most importantly, to honor and engage with your own wonderfully 'durable' self, and those around you. Take notes! Read this book with a highlighter in hand! Then go back again several times and read everything you highlighted... The ideas are high science, but the strategy is down-to-earth and accessible. The notion of micro-designing one's (or one's child's) lifestyle with deliberate targeted changes strikes me as extremely powerful. Madden offers useful advice on keeping social media in balance, mining the strengths of technology, and avoiding the predatory hazards that are lurking in the online world. It turns out there are some tips to preserving our essential humanity in an electronic future. She also offers next-generation insights on "lost in the shuffle" values like getting enough sleep, the criticality of actual human relationships, exercise for your brain and body, and the restorative power of spending time in the natural globe. am impressed with her attempts to show us how best to keep up with and take advantage of the digital .. Fortunately Jenifer Pleasure Madden is just about to monitor the flood of trends and technology, and help parents navigate the changing information landscape their children inhabit. The writer does an excellent job laying out her objective for the book, but then repeats her tips in several different ways (almost like she was trying to fill web pages). Good Reminders This book doesn't have any crazy unique or mind-blowing ideas. A triple-crown winner by its standards! It also nice that the author uses plain language when presenting her suggestions so you don't have to wait before end of the chapter to figure out what she is discussing. I raised my kids like Jeni raised her children I raised my children like Jeni raised her kids, outside, getting dirty, taking part in in the torrential rain. I loved lots of things in this book. I'm going to be implementing a lot of these tips in my lifestyle. I would recommend that all parents and educators go through this book. The book does present valid information about the use of consumer electronics and providing research is effective for people who want to do their own research. What a treat to read an easy yet engaging treatise on what this means to be humanly relevant in the digital age. This is exactly what Jeni advocates, and she has many wonderful suggestions on how best to do so. bringing to the readers attention the effects of our increasing dependance upon technology and providing useful strategies f This book is an extremely helpful, practical guide that encourages you to be more proactive and mindful in managing your interactions with technology.. If implemented, these steps will result in a wholesome, happier, and more creative existence! The ways our children ingest and process information and talk to each other and the world around them are changing so rapidly, moms and dads have a tough time maintaining and staying relevant... as your physician I am

impressed with her attempts showing us how better to keep up with and take advantage of the digital age developments Her concepts apply good to booth kids and adults. Put that science together with her own deep existence experience as a mother or father, educator, writer, and community activist, and you feel like you have a really smart friend encouraging you to worth your creativeness and uniqueness more than constant interface with the digital universe. I work for a wellness company, so I was already acquainted with a substantial amount of the information, but I managed to learn a few new factors when I browse How to be considered a Durable Individual. The chapter on wireless devices was pretty scary! I acquired no idea my cordless property line phone could be dangerous if I hold the receiver to my ear (something I always do). My children was raised with computer systems and video games, but they often stepped away from technology to see the world together. My favorite component was the section on the energy of hugs! Overall, I think this book is excellent, and I recommend it to everyone. I am even thinking about investing in a copy to contribute to my company's source library. . It is well researched and thoughtful, bringing to the reader's attention the effects of our increasing dependance on technology and providing useful strategies for preserving our human being strengths. This original book and approach can help you find the uniqueness in you and living existence to the fullest. Five Stars Heartily recommend! This is an excellent book that reminds us of our humanity in a day and time where being simply human seems almost outdated! Creativeness and innovation are prized in the globe, but what makes those things happen is not machines and computers, but HUMANS. Do not get me wrong - the beauty of 'Durable Human's' message isn't anti-gadget, it's just pro-individual in the most reaffirming method. Rather than flipping through emails and falling down rabbit holes of Facebook posts, Jenifer gives concrete methods about how to live and work differently.. We'd Jenifer speak at our library in Erie, PA, and she was an engaging loudspeaker as well. Great book and loudspeaker! Jennifer Joy Madden gives us a chance to stage out of .. It takes about ten minutes nowadays to be "old school". Surrounded simply by ever-changing and raising technology, it is a challenge to emerge as an unbiased, growing and unique individual dependent, not upon this technology, but ourselves to create a fulfilling standard of living. Jennifer Joy Madden presents us a chance to step out of this box and fulfill our human potential. She offers helpful advice on designing your true self which means that your environment, mind set, senses and way of life is conducive to bringing out the very best in you. A must read for parents! Pat Britz



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